

**How to Be Happy**  
**Ecc 6:11-12 (v.12a)**  
**By Russell Earl**

Thesis: I want to show how we can be much happier.

Intro:

1. Everyone wants to be happy. I've never met anyone who wants to be miserable.
2. How can a Christian truly be happy?
3. Does God provide true happiness?

I. Look to God and stay close to Him.

A. Eternal life should keep us happy (**Deut 30:20**)

1. No matter how hard this life may seem, when it's over we will be with the Father (**Rom 2:6-7**).
2. Knowing that God cares about our troubles and concerns should make us happier (**Matt 11:28, 1 Peter 5:6-7**).
3. We are people who are saved by God and Him alone (**Deut 33:29a**).
4. We can be happy knowing God loves us because He corrects us (**Job 5:17**).

B. Happiness isn't found in the world or in worldly education.

(**Ecc 1:14, 17, 2:11, 17, 25, 4:4, 6, 16, 6:9**)

1. Happiness in these things are impossible- its "grasping for the wind (**Lk 12:15**).
2. Happiness is only found in God (**Ps 18:30, Ps 28:7**).

II. Count your blessings.

A. Name them one by one...

1. We are blessed beyond measure as Christians (**Eph 1:3** "blessed us with every spiritual blessing")
2. God blesses us with mercy and comfort (**2 Cor 1:3-4**).

B. Blessings outweigh our troubles.

1. God's compassion and mercy for us is new every morning (**Lam 3:22-23**).
2. Blessings many times are things we don't even think about. (Health, faithful family members, encouraging fellowship with the saints, etc)

III. Spend time in the word of God (**Ecc 12:13**)

A. If we are to be happy we must keep God's commands.

1. There is only one way to know God's commands-His Word.
2. The Bible tells us what God desires of us. (**2 Peter 1:3**).

B. The Bible is a great encourager (**Ps 119:116**).

1. The word of God reminds us of how blessed we are as Christians (**Rom 5:8-11**).
2. The Bible tells us where to find happiness (Job 5:17 [the Lord's correction brings wisdom and happiness], **Ps 128:1-6, Ps 146:5-7**)

#### IV. Don't dwell on the past. (**Lk 12:25**)

##### A. The past is the past.

1. No matter how hard we try we cannot change the past.
2. If it is sin that haunts us, we should know that if we repented then God has removed that blot from our lives (**Ps 103:12**).
3. We learn from our mistakes and errors but we gain little by dwelling on our past mistakes (**Acts 9:26-27**).

##### B. If it's the joys of the past that we miss....

1. We cannot relieve the past, we must live "in the now". We must focus on today.
2. If we want to have a happy life now we cannot live backwards, we cannot continue to live in the past. (**2 Peter 3:13-14**) – "looking forward"
3. If it is the passing pleasures of sin we miss we ought to repent. A Christian should have no desire to turn back to sin, back to the world. (**1 Peter 4:3**).

#### IV. Make God Your #1 Priority

##### A. Pray often

1. We should pray more-we can never pray enough (**1 Thess 5:17**).
2. We are commanded to pray for one another and those who have sinned (**James 5:16**).

##### B. Attend the Services of the Saints

1. One of the most basic ways to show our faith in God is also the most neglected Forsaking the assembling (**Heb 10:24-25a**).
2. Though the many find excuses to not as they should ("*as is the manner of some*"); those who truly love the Lord find the first day of the week to truly be the best day of the week.

##### C. Help the work of the church

1. By giving time (**Matt 8:19-22, Lk 14:18-20**)
2. By giving monetarily (**Ex 36:6-7**)

#### Conc:

1. We can be happy. Christians have more reasons than any to be happy.
2. To be truly happy we must be on the Lord's side 100% (**Ex 32:26**).
3. Full Invitation